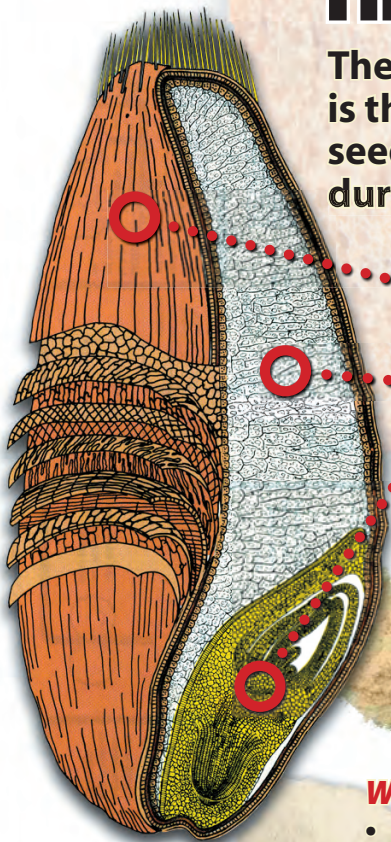


# Healthy Whole Wheat

## The Whole Wheat Kernel

The **Kernel of Wheat**, sometimes called the **wheat berry**, is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.



**Bran** is the 'outer rough shell' which protects the seed. It contains fiber, B vitamins and trace minerals.

**Endosperm** is the largest starchy part of the kernel. It provides protein, carbohydrates, iron and B-vitamins.

**Germ** is the germinating or sprouting section of the seed. It contains vitamin E and B vitamins and trace minerals.

### Types of Wheat Flour

**Whole Wheat Flour** is made from the entire wheat kernel.

- It contains bran, germ and endosperm.
- It has a nutty and chewy texture.
- It has the goodness of the whole kernel !

**White Flour** is made only from the endosperm.

- Bran and germ are removed from white flour.
- It has a bland and soft texture.
- It's missing some of the nutrients found in whole wheat flour.

Healthy Whole Wheat

